



Emotional Intelligence: Leading with Self-Awareness

Emotions are the invisible hero of both success and failure in the workplace. It is up to you how emotions will influence your creativity, ability to achieve goals, and the quality of your work. Emotional Intelligence (EI) is a master skill that can be learned and developed.

Higher emotional intelligence in a crisis will balance mental and emotional resilience that positively impacts employee performance.

This module gets right to the heart of emotional intelligence in the workplace, examines and explains its importance, and through a collection of science-based emotional intelligence exercises, provides practical tools for helping yourself and others.

Outcomes

1. Understand and apply the principles of emotional intelligence at the workplace.
2. Recognize the impact of workplace emotions and how leaders can benefit from emotional intelligence.
3. Know the mechanism of building new neural structures and networks.
4. Learn how to assess and increase levels of your own emotional intelligence.
5. Understand how to manage your own emotions more effectively at work.
6. Learn how to make better decisions in the workplace by navigating thoughts and emotions intentionally.
7. Fundamentally understand the link between your thoughts, feelings, emotions, and behaviors.
8. Learn how to stop getting sucked into other people's negative emotions.
9. Stop your emotions from escalating by knowing what triggers you.
10. Discover how to take control of your own relationships at work and how to create beneficial partnerships.
11. Discover ways of working with emotional intelligence that to drive your team to outstanding performance.
12. Explain non-verbal and verbal communication in the workplace.
13. Develop true empathy, which will increase your influence and the ability to be more supportive.
14. Communicate your needs and emotions, listen effectively, and improve the quality of your relationships.
15. Handle others' emotional states.
16. Use science-based positive psychology exercises and techniques in the workplace.

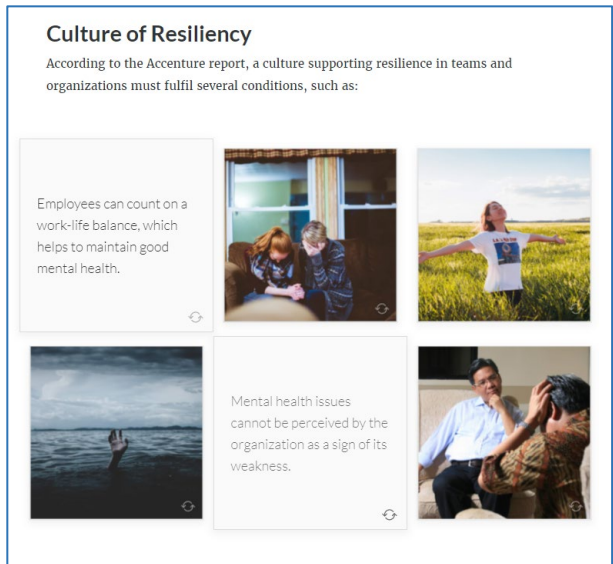
Recommended Learners

Higher Education

- Specialists and star contributors who have been identified as outstanding prospects for increased leadership responsibilities.
- Anyone who wants to deliver high-quality EI training and coaching to help others understand and use their emotions in life-enriching ways.

Business, Industry, Nonprofits, & Agencies

- Leaders, managers, supervisors, and anyone wishing to get an accurate measure of their capacity in emotional reasoning, understanding, and management.
- Senior executives who are operating at or near the top of their organizations.



An example of a learning event in our Leading Edge Learning modules. The types of instructional content within the modules include: readings, videos, transcripts, audios, interactive questions, offline application exercises, flash cards, narrated presentations, matching exercises, relevant articles, downloads, a final exam, and other activities designed to engage learners based on recognized science of learning educational concepts.

Applications and Best Practices

Higher Education

- ✓ Use within a career readiness program.
- ✓ Graduate study on emotional intelligence.

Business, Industry, Nonprofits, & Agencies

- ✓ Teach emotional intelligence to employees.

Pricing
Module is Approximately 12-15 Learner Hours

1-100 Learners per Year \$150 per Learner	101-500 Learners per Year \$140 per Learner	500+ Learners per Year \$130 per Learner
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